

24th Cheshvan 5769/22nd November 2008

Minister: Rabbi Lionel Rosenfeld

Emeritus Chazan: Rev. Moshe Dubiner

**Parashat Chayei Sarah Shabbat Mevarchin**

Hertz Cohen Stone Gutnick  Shabbat Begins 3.49pm

Sedra 80 118 106 132 Shabbat ends 4.54pm

Haftarah 90 135 1136 1382

**HOT CHOCOLATE**

A group of graduates, well established in their careers, were discussing their lives at a class reunion.

They decided to go visit their old university professor, now retired, who was always as inspiration to them.

During their visit, the conversation turned to complaints about stress in their work, lives and relationships.

Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups.

Some cups were porcelain, glass, crystal, some were plain looking, some expensive and some were exquisite.

The professor invited each of them to help themselves to the hot chocolate. When they all had a cup of hot chocolate in hand, the professor shared his thoughts with them.

Notice that all the nice looking expensive cups are taken, leaving behind the plain and cheap ones.

Whilst it is normal for you to want only the best for yourselves, that is the source of your problems and stress.

The cup that you are drinking from adds nothing to the quality of the hot chocolate. In most cases it is just more expensive and in some cases even hides what you drink.

What each of you wanted was ..... **hot chocolate**.

You did not want the cup, but you consciously went for the best cup and soon, you began to eye each other's cups.

Now friends, please consider this.....

Life is the hot chocolate. Your job, money and position in society are the cups. They are just tools to hold and contain life.

The cup you have does not define nor does it change the quality of the life you are living.

Sometimes, by concentrating only on the cup, we fail to enjoy the hot chocolate that God has provided for us.

Remember this,

**The happiest people don't always have the best of everything, but they do make the best of everything that they have.**

Enjoy your hot chocolate.

Shabbat Shalom

**Next Shabbat - Toldot**

28th — 29th November 2008

Commences 3.42pm Mincha & Kabbalat Shabbat 3.45pm

**Announcements**

**Kiddush Sponsor**

Lesley & Denis Aaronson invite the congregation to Kiddush to celebrate the anniversary of Harry and Imogen's Bar and Bat Mitzvah and their eldest daughter Sophie's engagement to Ian Glastein

**Breakfast Sponsor**

Breakfasts this week are sponsored by Philippa & Richard Mintz to celebrate their wedding anniversary

**Announcement**

Lesley & Denis Aaronson are delighted to welcome from Israel their eldest daughter Sophie, and Ian Glastein, to celebrate their engagement.

**Mazal Tov To**

Robert Sherman and Richard Sherman who were awarded the National Medal of Arts by President George W. Bush and to Robbie Sherman who will be presenting song selections from his new musical Bublescratch in New York this week

**Birthdays—Mazal Tov to:**

Gabriel Shear	David Silver
Claire Rayden	Elizabeth Wax
Karen Levy	Angela Kessler
Jennifer Tabachnik	Regina Levine
Wendy Brecher	Joan Eker
Vivienne Lassman	Henry Knobil
Valerie Young Goodwin	

**Wedding Anniversary— Mazal Tov to:**

Dena & Alexander Hamilton  
Suzette & Peter Steckelmacher  
Sara & Daniel Nash  
Shirley & Basil Appleby

**Refuah Shelemah**

Sidney Jaque	Shlomo ben Sara
Nat Winsor	Noach ben Miriam
	Chaya
Gertie Endfield	Rachel bat Yehudit
Raphael Etesami	Raphael ben Michal
Seymour Freed	Shmuel Ze-ev ben
	Sara Rivka

## Friday 21st November

- 7.30 am Shacharit followed by breakfast & Haftarah Shiur by Ervin Landau  
3.45 pm Mincha, Kabbalat Shabbat & D'var Torah

## Shabbat 22nd November

- 8.45 am Shiur with Ervin Landau  
9.15 am Shacharit  
3.45 pm Mincha, followed by Seudah Shlishit, & D'var Torah by Alan Goldberg  
4.54 pm Maariv & Havdalah

## Sunday 23rd November

- 8.30 am Shacharit followed by breakfast and Thought for the Day by Alan Goldberg  
10.00 am **Cheder Age 4 – 12 years.** Contact Batsheva Burns for further information on 0796 88 555 96 or email [cheder.marblearch@gmail.com](mailto:cheder.marblearch@gmail.com)

## Monday 24th November

- 7.30 am Shacharit followed by breakfast & D'var Torah by Michael Milston  
7.45 pm "Ethics, Jews and Embryos" with Baroness Ruth Deech

## Tuesday 25th November

- 7.30 am Shacharit followed by breakfast & Shiur by Rabbi Yosef Vogel

## Wednesday 26th November

- 7.30 am Shacharit followed by breakfast and Parsha Shiur by Ervin Landau

## Thursday 27th November

- 7.30 am Shacharit followed by breakfast & D'var Torah by Bernard Silver

## Friday 28th November—Rosh Chodesh Kislev

- 7.15 am Shacharit followed by breakfast & Haftarah Shiur by Ervin Landau

**Mincha & Ma'ariv through the week  
Sun 23rd - Thurs 27th November 3.45pm**

### Security Rota

Alexander Gold. Mark Pasha.

### Kiddush Rota

Esther Isaacs

*We are delighted to inform all members that the refurbishment of the Bloomstein Hall and kitchens have begun. They will be out of service for the next several weeks. We apologise for any inconvenience caused and thank you all in anticipation for your understanding and on going support.*

*Very best wishes & Shabbat Shalom  
Ruth & Linda*

## FOR YOUR INFORMATION

### Rabbi Rosenfeld's Parsha Shiur for Ladies

A weekly series. New participants are most welcome. **Next Shiur will be held on Thursday 27th November at 10.30am**

### Rabbi Rosenfeld's Hebrew Reading & Understanding the Siddur Class

This class is scheduled to begin on Tuesday December 2nd at 5.30pm. However, only 2 members have registered for the class. Those wishing to join should email Rabbi Rosenfeld on [rabbilr@marblearch.org.uk](mailto:rabbilr@marblearch.org.uk) or call the office.

### Monday 24th November at 7.45pm

#### **Baroness Ruth Deech**

Chair of the UK Human fertilization and Embryology Authority from 1994 - 2002 will be here on Monday to talk about **Ethics Jews & Embryo's**. Spaces are available so please book by calling the office on 020 7723 7333

### Friday Night 5th December— Friday Night Live at Marble Arch

Another singles dinner in conjunction with Rabbi Israel Lew of Chabad Bloomsbury. For full details go to the Chabad website

### Choral Kabbalat Shabbat & Shabbat Morning Service, 5th - 6th December:

We are delighted to welcome world-renowned Composer and Choir Director Stephen Glass together with Chazan Gideon Zelermyer and choir from Montreal, who will join Rabbi Rosenfeld for Choral Friday night and Shabbat morning Services

### Luncheon Club Shabbat 6th December

Please make your reservation through the office to avoid disappointment.

### Monday 19th January 2009 at 7.45pm

#### Medical Ethics by Rabbi Dr. Akiva Tatz

Further details to follow in due course. Keep the date free.

### Our Rabbi

You can contact Rabbi Lionel & Natalie Rosenfeld at [rabbilr@marblearch.org.uk](mailto:rabbilr@marblearch.org.uk)  
Phone: 020 7535 0458  
mobile: 07811202244

### Our Website:

[www.marblearch.org.uk](http://www.marblearch.org.uk)